

Facebook.com/HealthyColumbusEmployeeWellness

### **Making Strides against Breast Cancer city team**

The City has a team for the Making Strides Against Breast Cancer family fun walk on October 23<sup>rd</sup> at 9:30am. The walk starts at COSI and is a 3 mile route that is pet and stroller friendly. There is no registration fee or minimum donation. Anyone who donates \$20 or more will get this free long-sleeve shirt.

### **Real Appeal**

Real Appeal is a consequent, comprehensive, fresh and online approach to weight loss, healthy eating and getting active. This program will take the place of the Live Healthy Columbus Challenge. Starting early February, employees on the City's health plan with a BMI of 23 or greater can participate at no cost. The program is 52-weeks and is based on proven science. Participants enroll in weekly online group coaching classes and may be eligible for one-on-one coaching.

They will also get a success kit delivered to participants' homes and includes a blender, recipe book, workout DVDs, scale, food scale, success guide, pedometer and more! You can get a 3 minute over view of the program by watching the video at [www.realappeal.com](http://www.realappeal.com). The kit will be on display at all of the employee health screening events in September and October.

**ACTION ITEM:** Jen and Brandon will be going out to departments in December and January to do a 30 minute introductory about Real Appeal to get folks excited. We need all of the wellness ambassadors to schedule a date/time with Jen for their session (s).

### **Flu Shot/home voucher mailing**

Influenza, commonly known as "the flu" is an unpredictable and serious illness that can lead to hospitalization, and sometimes death, especially in high risk groups. That's why the City of Columbus is encouraging all employees and their family members to protect themselves during the upcoming flu season.

**Employees and adult (18+) dependents covered by the City's health plan have several options to get a flu shot at no cost during the 2016 flu season.**

Attend one of 65 on-site flu shot clinics during your workday. For details about the clinics, visit [www.columbus.gov/healthycolumbus](http://www.columbus.gov/healthycolumbus).

Use the enclosed vouchers to get vaccinated at any Central Ohio **Walgreens** pharmacies between October 1, 2016 and March 1, 2017. *Walgreens is the only retail pharmacy that is participating in the City's free flu shot program.* You must present the voucher for each member of your family and your UnitedHealthcare card. If you misplace your voucher(s), call 645-8049 to request additional copies. Please note that the vouchers may only be redeemed at Walgreens pharmacies. The Walgreens Little Clinics cannot accept them.

Visit your physician's office.

Dependents/children **under 18** must be vaccinated at their pediatrician's office.

### Health Screenings-

Employees can get a \$20 Kroger gift card when they get their health screenings in September and October. Employees may only be screened once per year and the gift card is taxable. We are strongly encouraging folks to sign up for a 15 minute appointment at [www.columbus.gov/HealthyColumbus](http://www.columbus.gov/HealthyColumbus). The screening schedule is as follows:

#### September:

20- 910 Dublin Rd., 7:30-10:30am  
21- 3500 Indianola Ave., 6:30-9am  
**(appointment not needed at this location)**  
27- 77 N. Front St., 8-11am  
27- 757 Carolyn Ave., 2-4:30pm  
28- 1881 E. 25<sup>th</sup> Ave., 7-9am  
29- 1111 E. Broad St., 9-11am

#### October:

4- 4211 Groves Rd., 1:30-3:30pm  
5- 373 S. High St., 11am-2pm  
6- 1250 Fairwood Ave., 11am-2pm

11- 240 Parsons Ave., 8-11am  
12- 240 Parsons Ave., 12-3pm  
13- 3639 Parsons Ave., 8-11am  
18- 120 Marconi Ave., 3-5pm  
19- 1881 E. 25<sup>th</sup> Ave., 7-9am  
20- 1000 N. Hague Ave., 11am-1pm

#### November (appointments not needed):

1- 6977 S. High St., 1-4pm  
17- 2104 Jackson Pike, 12:30-3:30pm

#### December (appointments not needed):

7- 5600 Parsons Ave., 7-9:30am

Flu shots will be available at all of the screenings above. Appointments are not needed for a flu shot. Call x0988 with questions.

### Intramural Volleyball

Thanks to everyone who helped to promote the league. It is full and Brandon is creating a wait/sub list. Water First for Thirst Challenge- Brandon

### Estate Planning-Jen

Healthy Columbus has partnered with Citywide Training to offer a series of Estate Planning classes.

Topics covered will include:

Creating a Will  
Planning Strategies for Asset Protection  
Estate Protection

Changes to Medicare  
The Changing Landscape of Long Term Care

Understanding your Options for Nursing  
Facilities, Assisted Living Facilities and  
In-Home Care

Advance Directives  
End-of-Life Care

Classes will be two hours each and will be held on October 26, 27, November 3 & 10<sup>th</sup>. Keep an eye out for the registration announcement in the Citywide Training list of courses.

### Discount for Upcoming Races

Contact Pat- [plshick@columbus.gov](mailto:plshick@columbus.gov); 645-3979

Nationwide Children's Half Marathon (fall 2016)- City employees get early bird pricing until the race sells out. This is not applicable to friends and family

Cap City ½ Marathon (spring 2017)- A \$10 discount is available to employees, family and friends.

## REPORTS

### Front Street Fitness Stats:

**Total members to date:** 805 *(90 new in 2016)*

**# Visits in 2016:** 7914 *(80% last year's totals with 3 months to go)*

**"Regular Use" Members:** 160 *(19%)*

**Consult Appointments (2016):** 121 *(Dropped off in the summer, but picking back up)*

**Total Group Class Participants (2016):** 932 *(81% of 2015 totals)*

**# people signed up but have not used FSF:** 116 *(85% saturation rate)*

### Nutrition Counseling/Education

On-site classes at Muni Cts, COAAA

Ashley is taking appointments for individual counseling; working to set up office hours at various locations

Let Food Be Thy Medicine series

Short videos

### Summer Softball League

Our second time hosting a city softball league was an even bigger success than the first! This summer's softball league had 14 teams and 269 employees/dependents. 12 weeks of softball was filled with great sportsmanship, amazing plays, and no major injuries (yay!). Team Fire led by Lt. Dan Gatley ran the table going undefeated through the season and playoffs to take home this year's league championship!

### Olympic Wellness Challenge

Social, Emotional, Occupational, Intellectual, and Physical wellness aspects and tasks were the focal points for an entire month in this challenge. 227 employees took this challenge head on and passed with gold, silver, and bronze flying colors!! The overall winner of the challenge racked up over 1100 points during the 4 weeks!

### Walk To Rio Challenge

We didn't quite meet our goal of making it from Columbus to Rio in 6 weeks but this was nonetheless an impressive showing by city employees. In total employees walked over 4300 miles leading us to Panama City, Panama! According to Google Maps, to cover that distance would be a 79 hour car ride!!

### Heart Walk-

Thanks again to everyone who promoted, supported or participated in our heart walk team- the t-shirts were a hit! We raised \$10,295 and had 100 walkers registered, putting us among the top 20 of the 113 companies participating! Congratulations to Scott Garver, our top fundraiser. He raised \$1,430 on his personal page, and generated enough excitement among his coworkers for them to donate and raise a team total of \$3,201.

**Ambassador Retreat: November 22<sup>nd</sup>, 12-4pm. Location TBD**